

# Your Transformational Leadership Superpowers: Grown through Life Experience

Skill	Example of Growth
Resilience, Adaptability, Emotional Agility	<input type="checkbox"/>
Emotional Intelligence & Empathy	<input type="checkbox"/>
Enhanced Communication Skills	<input type="checkbox"/>
Flexibility & Innovation	<input type="checkbox"/>
Negotiation and Resetting	<input type="checkbox"/>
Goal Orientation	<input type="checkbox"/>
Advanced Time Management	<input type="checkbox"/>
Investment in Self and Family	<input type="checkbox"/>
Strategic Boundary Setting	<input type="checkbox"/>
Inclusion and Advocacy	<input type="checkbox"/>

## Reflection Questions

- How have you used these skills in your personal or professional life?
- Think of a specific situation where you demonstrated one of these skills. What was the outcome?

## Showcasing Transformational Skills in the Workplace

Now that you've reflected on your skills, consider how you can lift them up in the workplace. Use the prompts below to identify actionable steps:

1. **How can you make these skills visible to your team?**
  - Example Action: Share a success story in a team meeting that highlights someone's use of emotional intelligence.

2. **How can you reinforce these skills with your colleagues?**
  - Example Action: Offer to lead a workshop on negotiation techniques based on your experiences.
  
3. **How can you advocate for a culture that recognizes these skills?**
  - Example Action: Propose a recognition program that highlights team members who exemplify resilience and adaptability.
  
4. **Who can support you in showcasing these skills?**
  - Identify a colleague or mentor who can provide feedback or collaborate with you on reinforcing skills in the workplace.
  
5. **How can you encourage others to develop these skills?**
  - Example Action: Create a peer mentorship group focused on enhancing emotional intelligence and communication skills.

*Where can you go next with this conversation and these action ideas?*

*For yourself and for others?*

Thank you for investing in yourself and in the support of skills, practices, and care mindsets that make our lives richer and our workplaces stronger.

With hope and joy,

Jodi

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